



## **A MINUTE OF HEALTH WITH CDC**

### *Take a Walk*

*Arthritis Awareness Month – May 2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Arthritis is among the most common chronic condition in the U.S., affecting more than 52 million adults. Although there is no cure, walking can improve arthritis symptoms, physical function, and quality of life. People who take regular walks find it increases their strength, balance, and endurance. Unfortunately, just one in 10 people with arthritis engage in the recommended 150 minutes per week of moderate physical activity. An active lifestyle can help prevent or delay some forms of arthritis. If you've been diagnosed with arthritis, consider walking, biking, or swimming to improve your condition.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*